



## Beef-Vegetable Skillet Bake

READY IN



45 min.

SERVINGS



45

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 1 lb extra-lean ground beef
- 0.5 lb mushrooms fresh sliced
- 4 oz milk velveeta 2% cut into 1/2-inch cubes
- 1 onion chopped
- 2 cups peas-carrots mix shopping list frozen
- 8 oz crescent dinner rolls refrigerated reduced-fat canned

## Equipment

frying pan

oven

## Directions

Heat oven to 375F.

Brown meat in large ovenproof nonstick skillet.

Add mushrooms and onions; cook 8 to 10 min. or until liquid from mushrooms is cooked off, stirring occasionally. Stir in frozen vegetables and soup; bring to boil.

Add VELVEETA; stir.

Remove from heat.

Unroll crescent dough; separate into 8 triangles.

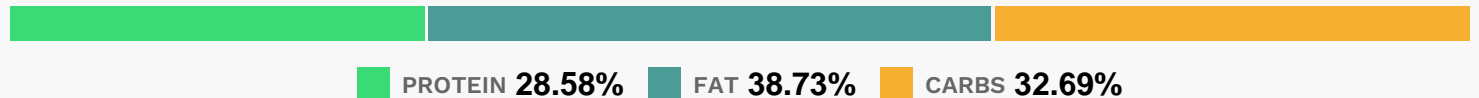
Place over meat mixture, with short sides of triangles along edge of skillet and points overlapping in center.

Bake 12 to 15 min. or until crust is golden brown.

Remove from heat.

Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.16, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:2.4186956365795%

## Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 42.19kcal (2.11%), Fat: 1.87g (2.87%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.83g (0.92%), Cholesterol: 6.87mg (2.29%), Sodium: 97.11mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin A: 595.06IU (11.9%), Vitamin B3: 0.89mg (4.43%), Zinc: 0.66mg (4.37%), Vitamin B12: 0.25µg (4.19%), Selenium: 2.36µg (3.37%), Phosphorus: 33.11mg (3.31%), Vitamin

B2: 0.05mg (2.91%), Vitamin B6: 0.06mg (2.9%), Iron: 0.45mg (2.48%), Potassium: 78.26mg (2.24%), Copper: 0.04mg (2.15%), Manganese: 0.04mg (2.01%), Vitamin B5: 0.18mg (1.77%), Vitamin B1: 0.02mg (1.59%), Fiber: 0.32g (1.26%), Magnesium: 4.78mg (1.19%), Vitamin C: 0.98mg (1.19%), Folate: 4.51 $\mu$ g (1.13%)